



## Exercise Diary

Fill in the days of the week and record each time you complete an exercise with a tick.

### Week 1

Exercises		Day						
Pelvic floor muscles	Exercise 1							
	Exercise 2							
Abdominal muscles								
Daily walk								

### Week 2

Exercises		Day						
Pelvic floor muscles	Exercise 1							
	Exercise 2							
Abdominal muscles								
Daily walk								

### Week 3

Exercises		Day						
Pelvic floor muscles	Exercise 1							
	Exercise 2							
Abdominal muscles								
Daily walk								

### Week 4

Exercises		Day						
Pelvic floor muscles	Exercise 1							
	Exercise 2							
Abdominal muscles								
Daily walk								

### Week 5

Exercises		Day						
Pelvic floor muscles	Exercise 1							
	Exercise 2							
Abdominal muscles								
Daily walk								

### Week 6

Exercises		Day						
Pelvic floor muscles	Exercise 1							
	Exercise 2							
Abdominal muscles								
Daily walk								